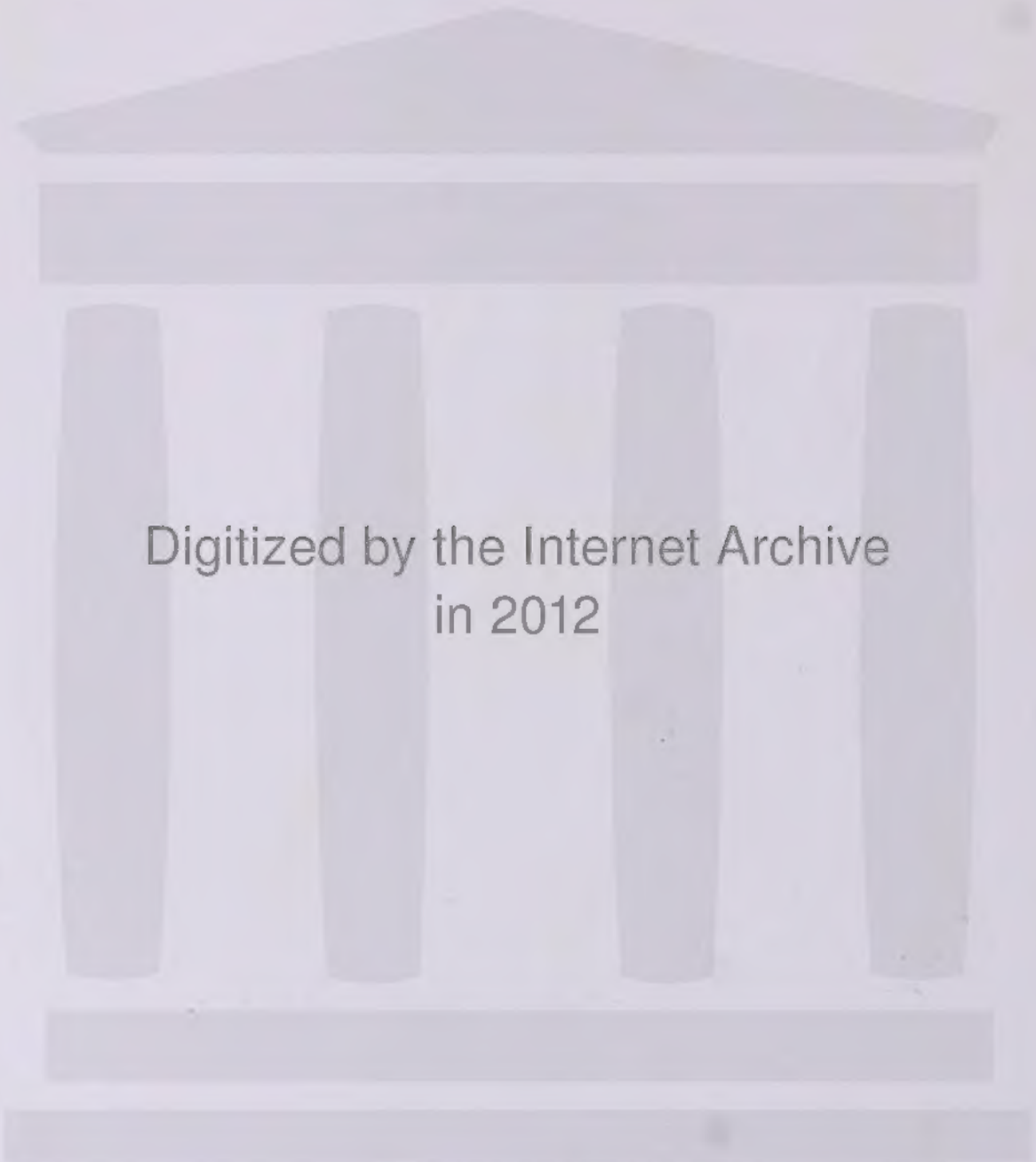
YOU KNOW YOU'RE OVER FORTY WHEN...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You Know You're Over 40 When . . .

Written by Herbert I. Kavet
Designed and Illustrated by Martin Riskin

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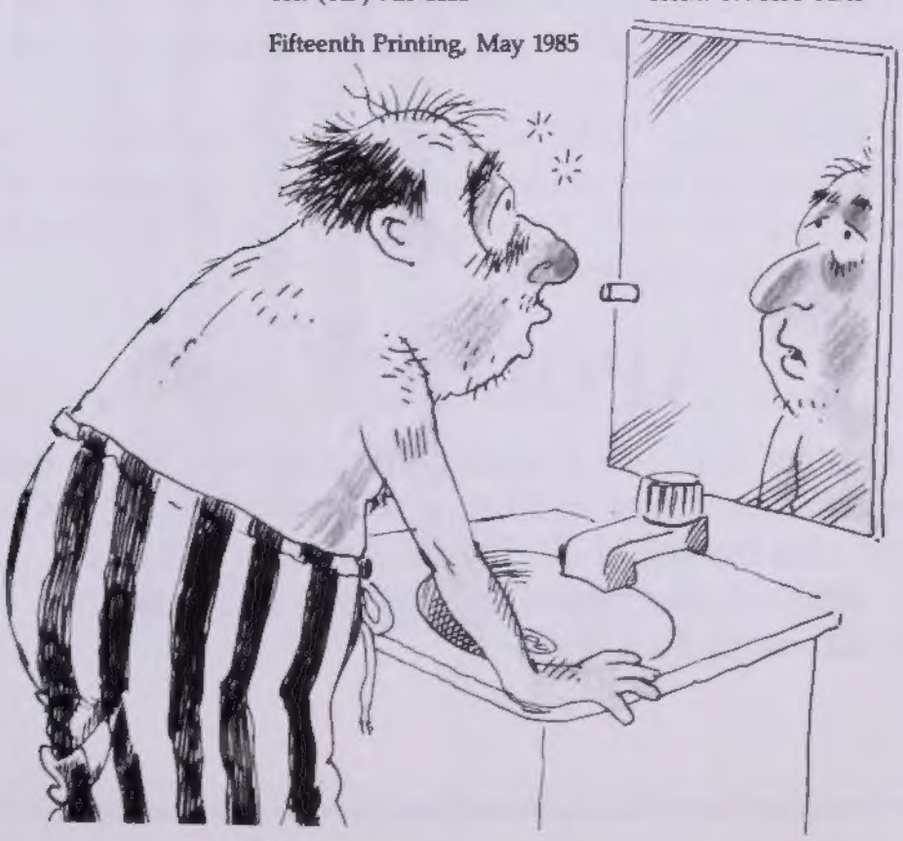

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INTRODUCTION

I shouldn't even be writing this book. Most people think I'm only 27 or so. Why just the other day, some girl (ahem) woman thought I was joking when I mentioned the Class of 1958. "Middle Age" as you know is anyone ten years older than you and I certainly don't fall into **that** group.

Then again, some college "kids" are starting to call me Mister. Perhaps that is what started this little guide; someone had to enumerate all the signs that really tell you when You're Over 40 - Just in case you look so young that everyone else forgets.

APOLOGY

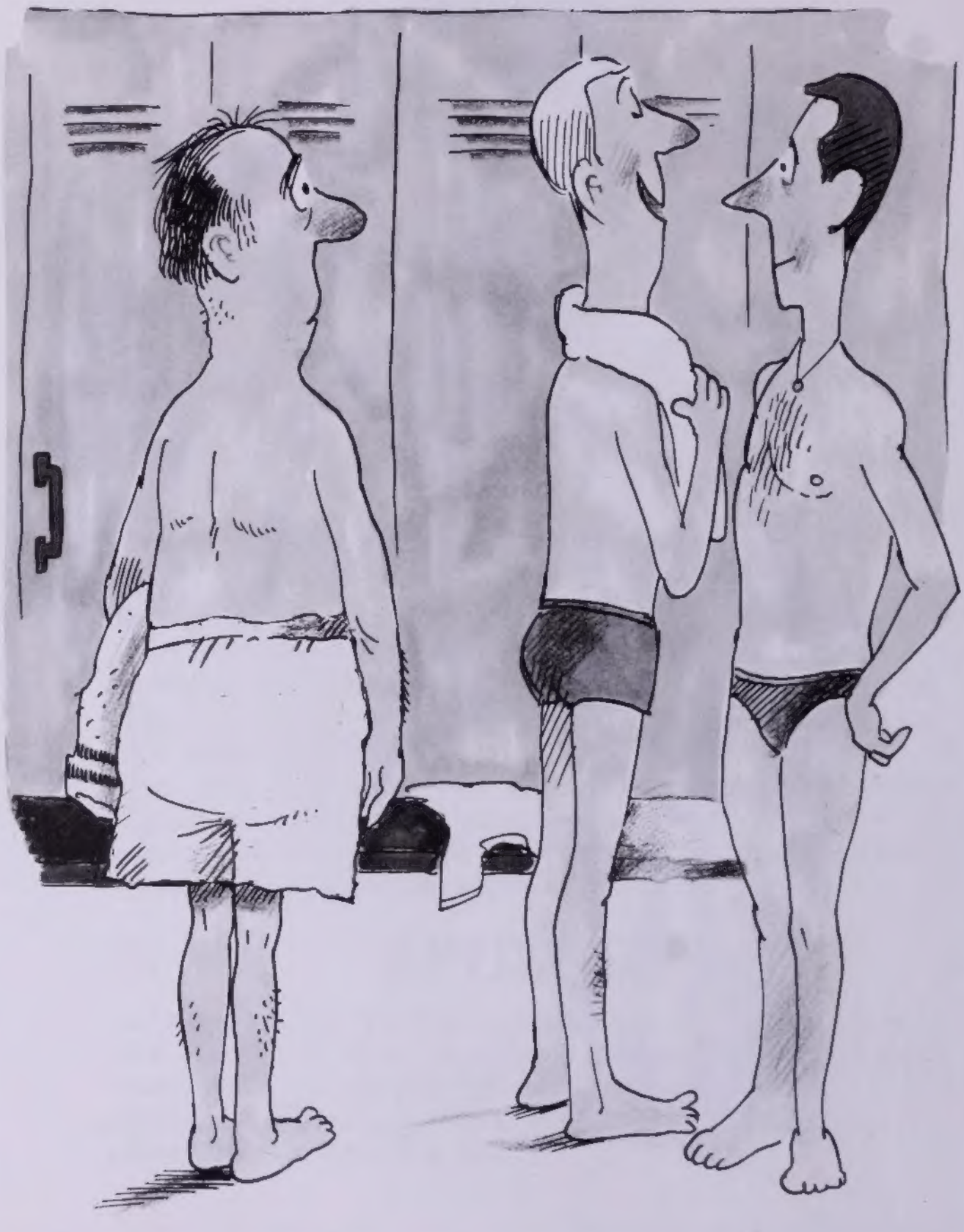
You may notice that this book is written almost entirely from a male point of view. This was not an accident. Our research shows that most women seldom pass the age of 40. The curious nature of this phenomenon will be studied further in the sequel to this volume entitled "Bifocals Aren't That Bad".

You Know You're Over 40 When . . .

You feel like the morning after and you can swear you haven't been anywhere.

You Know You're Over 40 When . . .

You start wearing Boxer Shorts instead of the "Jockey" type.
You notice colored underwear in the ads but yours are all white.

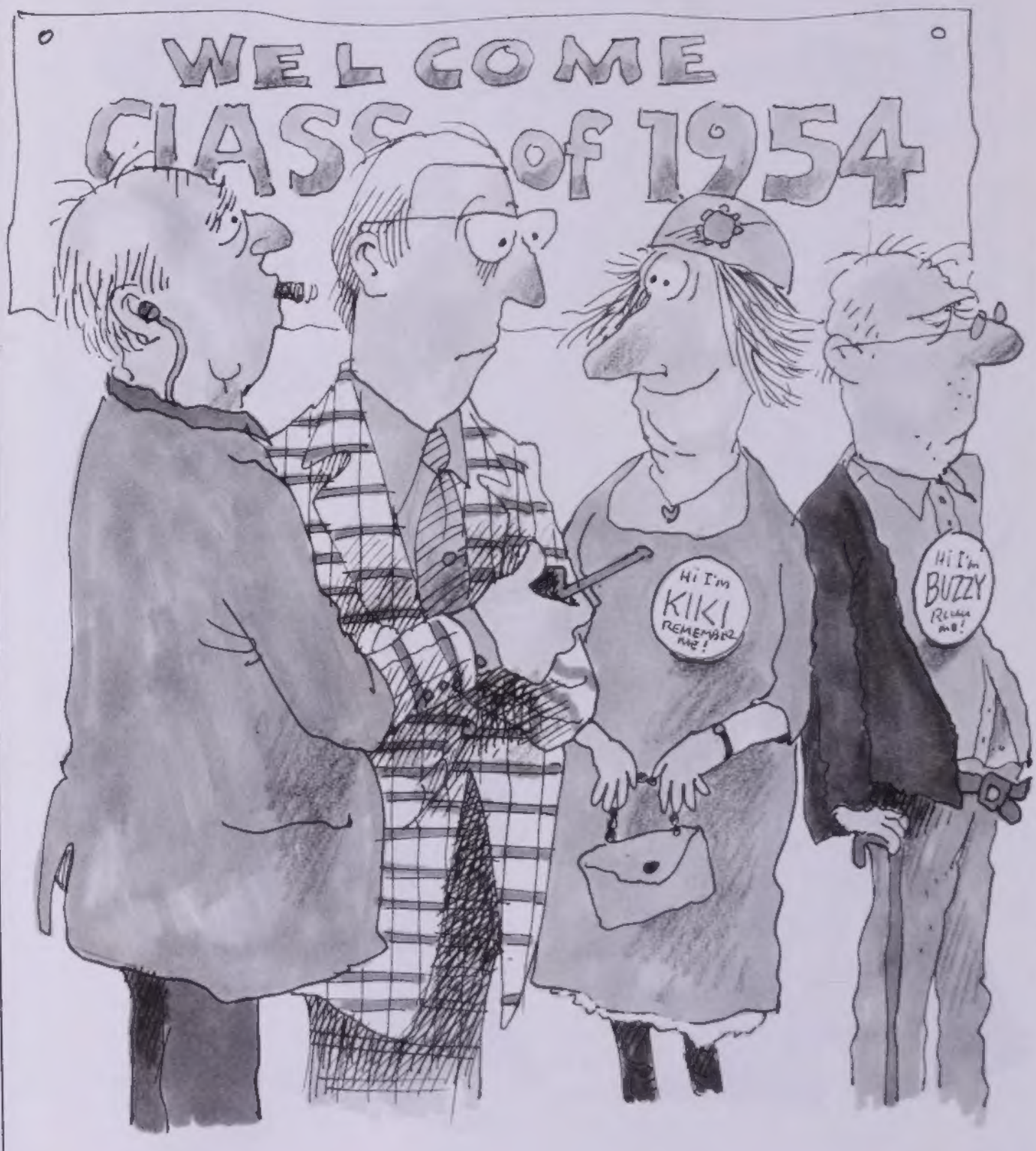


You Know You're Over 40 When . . .

You think "Gay" means jolly, cheerful, and vivacious.

You Know You're Over 40 When . . .

You go to a school reunion and everyone looks sooo OLD.
All your classmates are overweight.
You can't believe they have co-ed dorms now.



You Know You're Over 40 When . . .

You learn to control your drinking—you even start doing things that are good for yourself like eating yogurt. You read can labels for cholesterol content.

You Know You're Over 40 When . . .

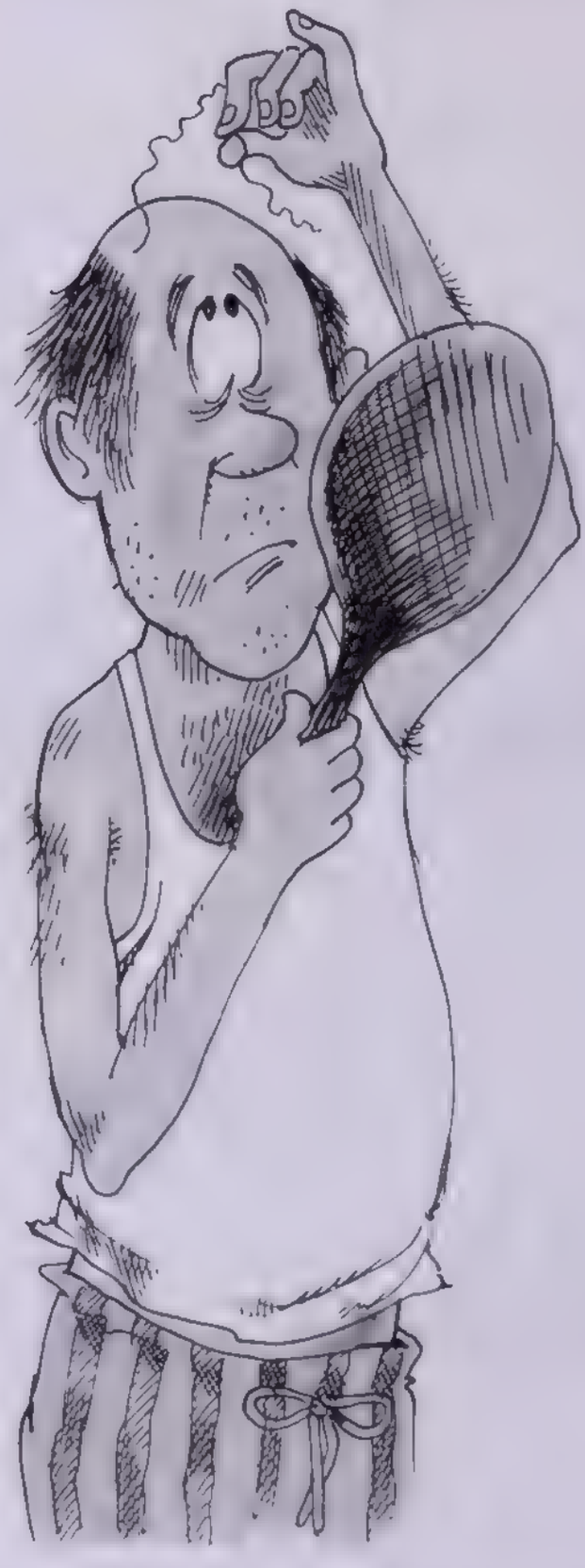
You start to observe speed limits - you may even pay $10,000 for a restored MG that cost $1500 new when you were in college.

You Know You're Over 40 When . . .

You finally realize that your mother isn't
the greatest cook in the world.
At least she remembers that you hate string beans.

You Know You're Over 40 When . . .

Instead of combing your hair, you start "arranging" it.
There is more hair on your chest than on your head.
Some of your friends grow beards on their chins to camouflage the loss on the top part of their heads.



You Know You're Over 40 When . . .

Some of the Presidents you actually voted for were later shown to be such incompetents that you are totally ashamed to tell anyone.

You Know You're Over 40 When . . .

You stop to think and sometimes forget to start again.
You appreciate the luxury of a nap in front of the TV.

You Know You're Over 40 When . . .

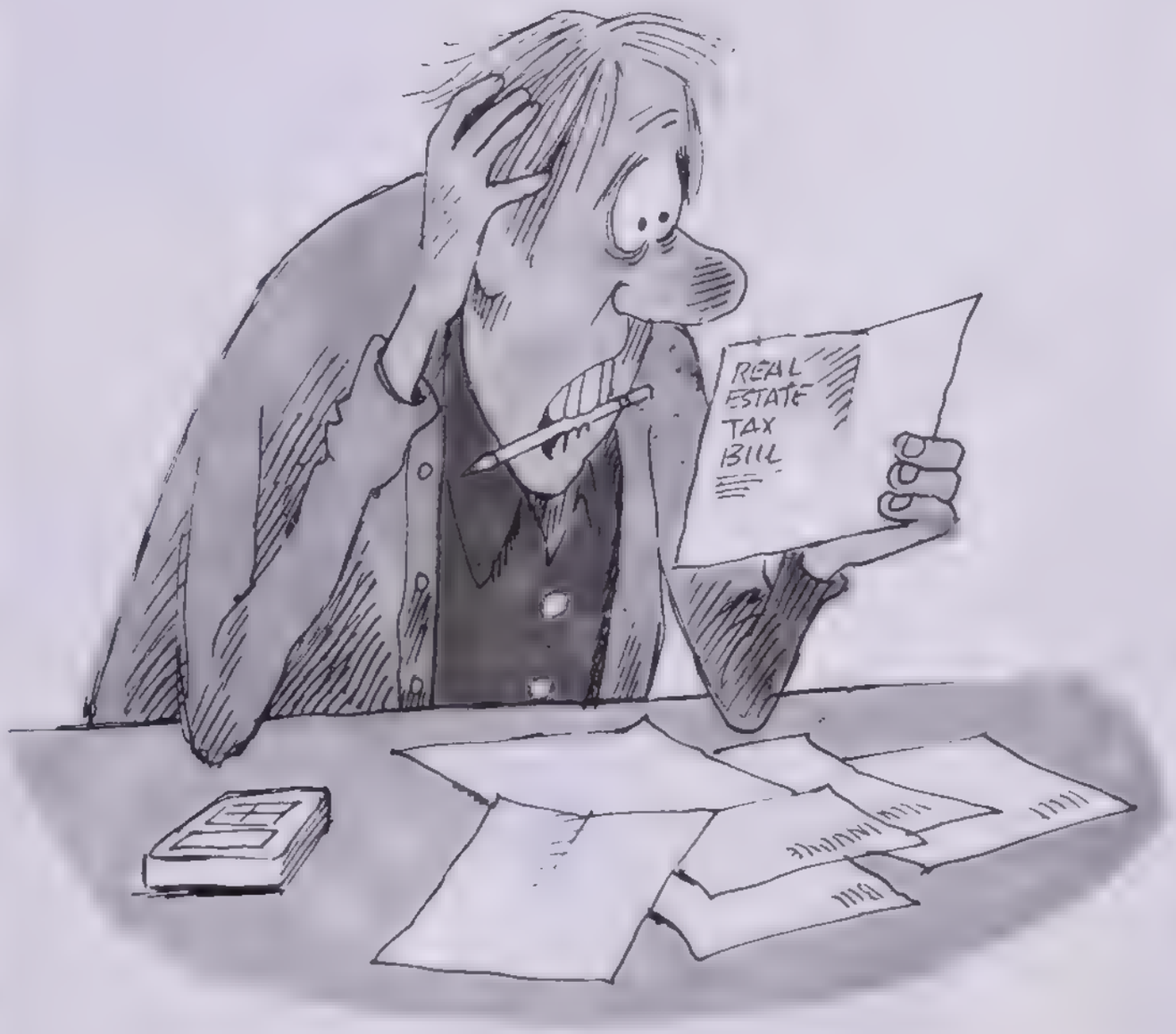
You start entering Senior, Master and Veteran class sport events - and STILL lose.

You Know You're Over 40 When . . .

Work becomes more fun and fun becomes more work.

You Know You're Over 40 When . . .

You still have an 8% mortgage that you once thought was too high. Your house has increased in value, an amount equal to the National Debt.



You Know You're Over 40 When . . .

You start reading the ads for Hemorrhoids, Constipation, Hair Loss, and various pain relievers. You begin buying the stuff - worse, it helps.

You Know You're Over 40 When . . .

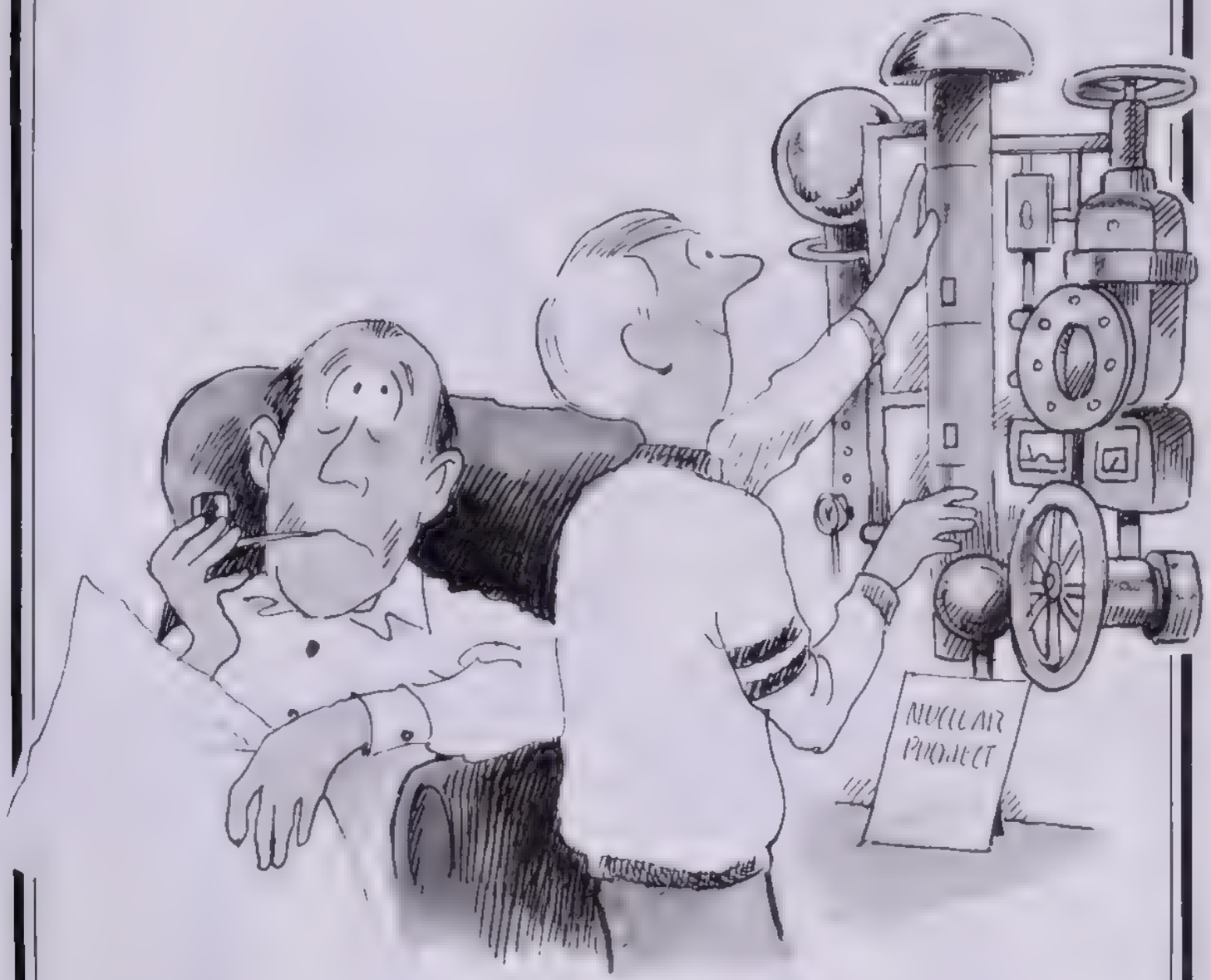
You stop making excuses for sexual malfunction and realize you're tired. You turn out the lights for economic reasons instead of romantic ones.

You Know You're Over 40 When . . .

You start examining your life goals, objectives and achievements and realize you're not making ANY of them.

You Know You're Over 40 When . . .

You can no longer help the kids with their homework.
On the parts you help with, they get "C–".



You Know You're Over 40 When . . .

Getting a little action means your prune juice is working.

You Know You're Over 40 When . . .

You start to notice the ages of people in the news like politicians and company presidents - and they're younger than you. Your doctor is also younger than you.

You Know You're Over 40 When . . .

You start calculating how many years you have left, rather than how old you are. You start taking retirement plans seriously. You stop looking forward to birthdays.

You Know You're Over 40 When . . .

You really have to concentrate to call "Girls", "Women".
You remember when calling Women, "Girls" was a compliment.

You Know You're Over 40 When . . .

You participate in a ball game on Sunday and hurt until Wednesday.

You Know You're Over 40 When . . .

Your kids are bigger than you and you start saying things to them like, "When I was your age . . .", that you hated when your father said them to you.

You Know You're Over 40 When . . .

You realize certain foods just aren't compatible with your gastro-intestinal system. You develop a taste for Bran Flakes.

You Know You're Over 40 When . . .

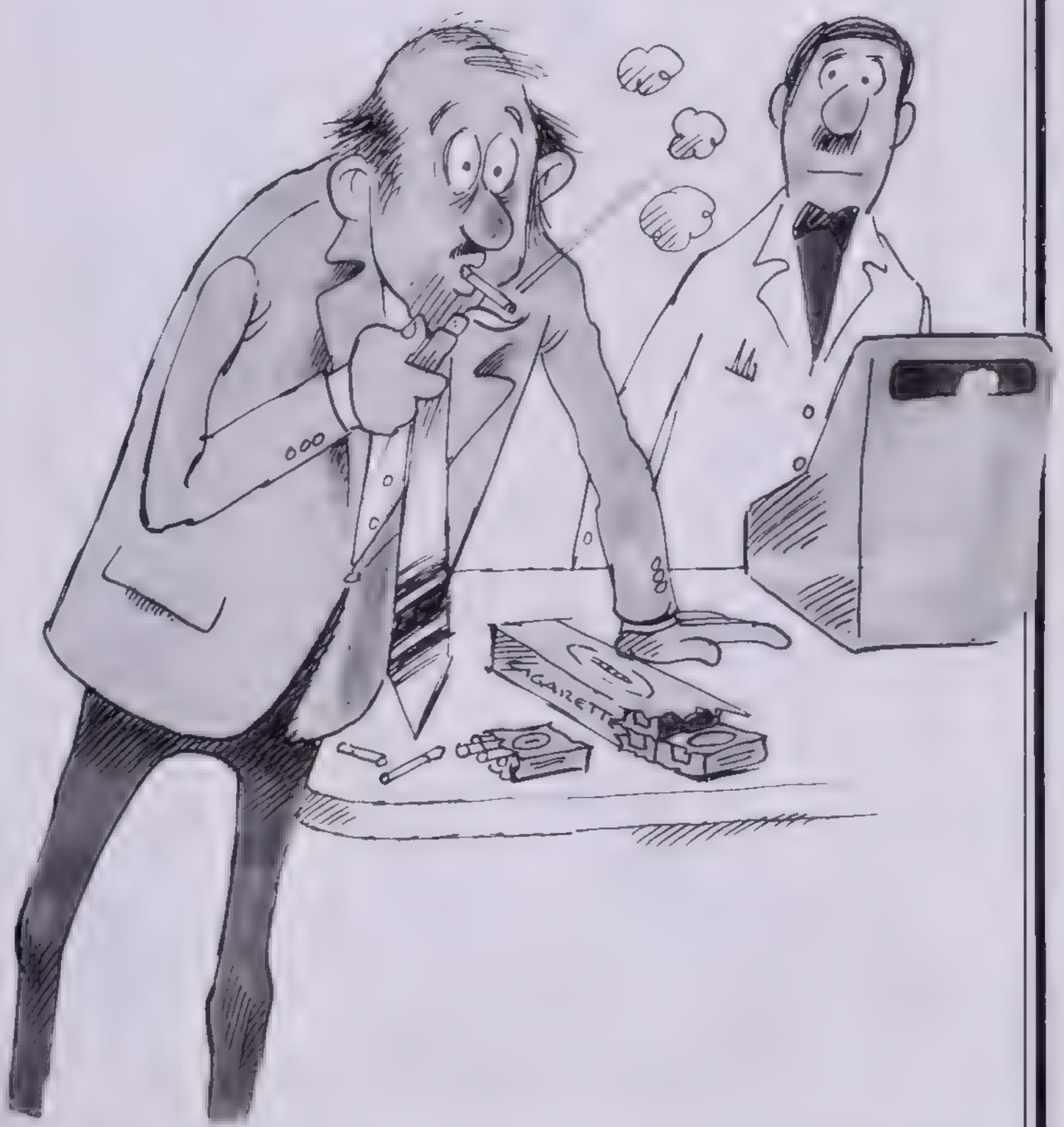
Some of your neckties are wide and some are narrow, and you can't quite remember the sequence of which width was in or out and when.

You Know You're Over 40 When . . .

You think "grass" is something you cut, and "snorting coke" is sucking cola up your nose through a straw. When you hear about drugs—you think of penicillin.

You Know You're Over 40 When . . .

You give up smoking because it's bad for you and stick to it for six days longer than when you gave it up last time.

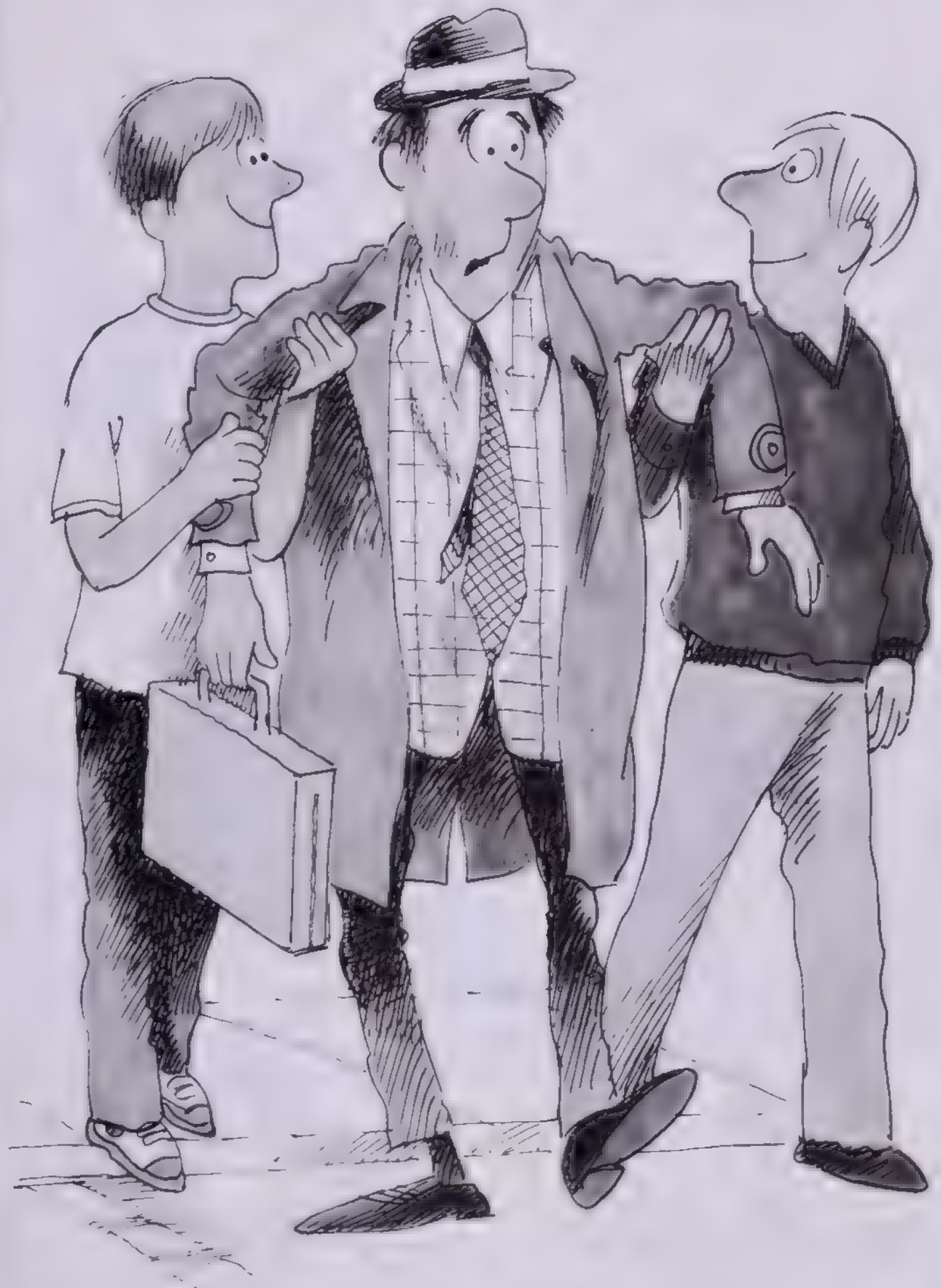


You Know You're Over 40 When . . .

You start to fantasize about career changes, but don't dare make a move. Your boss may be younger than you - worse HE may be a SHE.

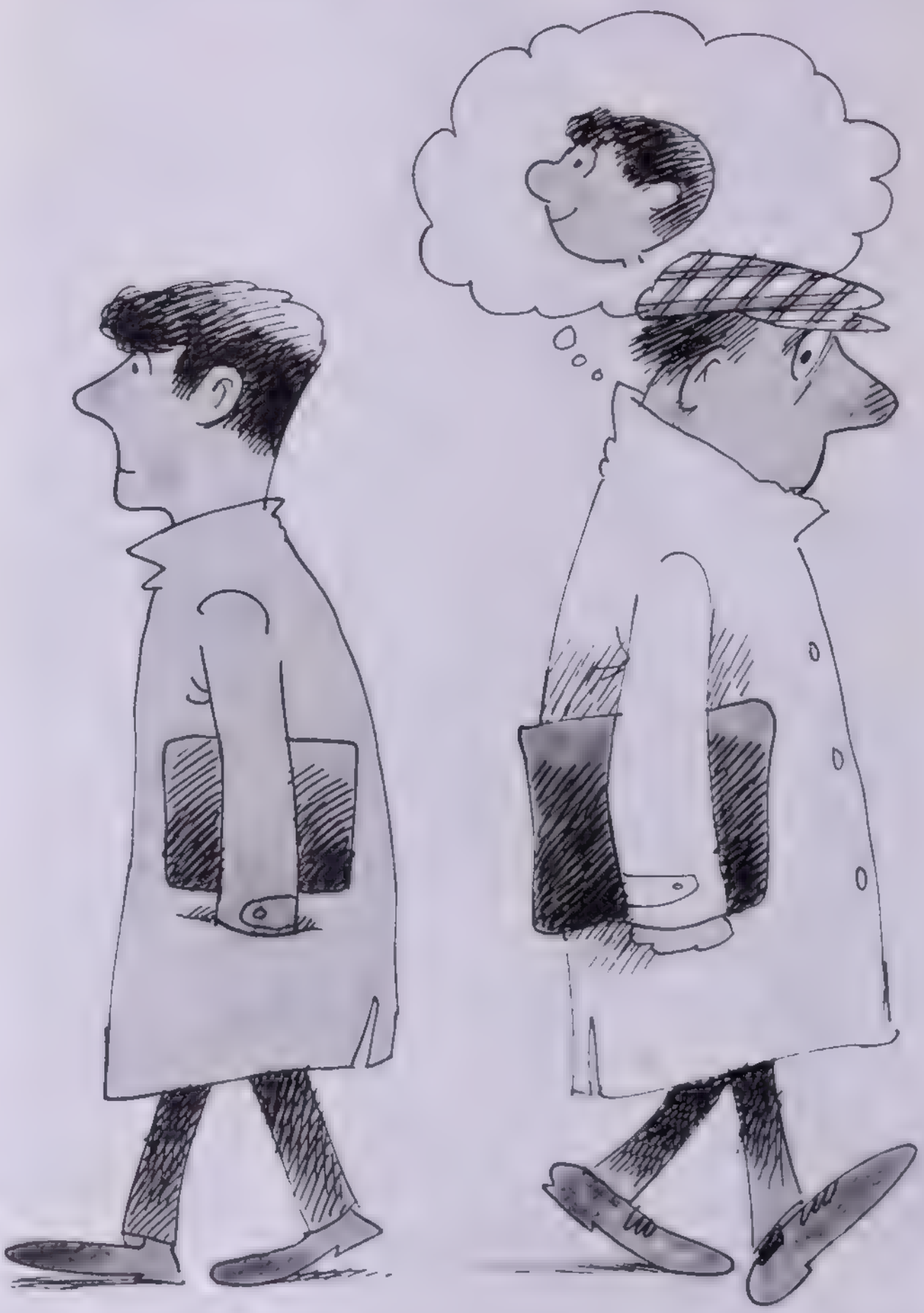
You Know You're Over 40 When . . .

College-aged people start calling you MISTER.



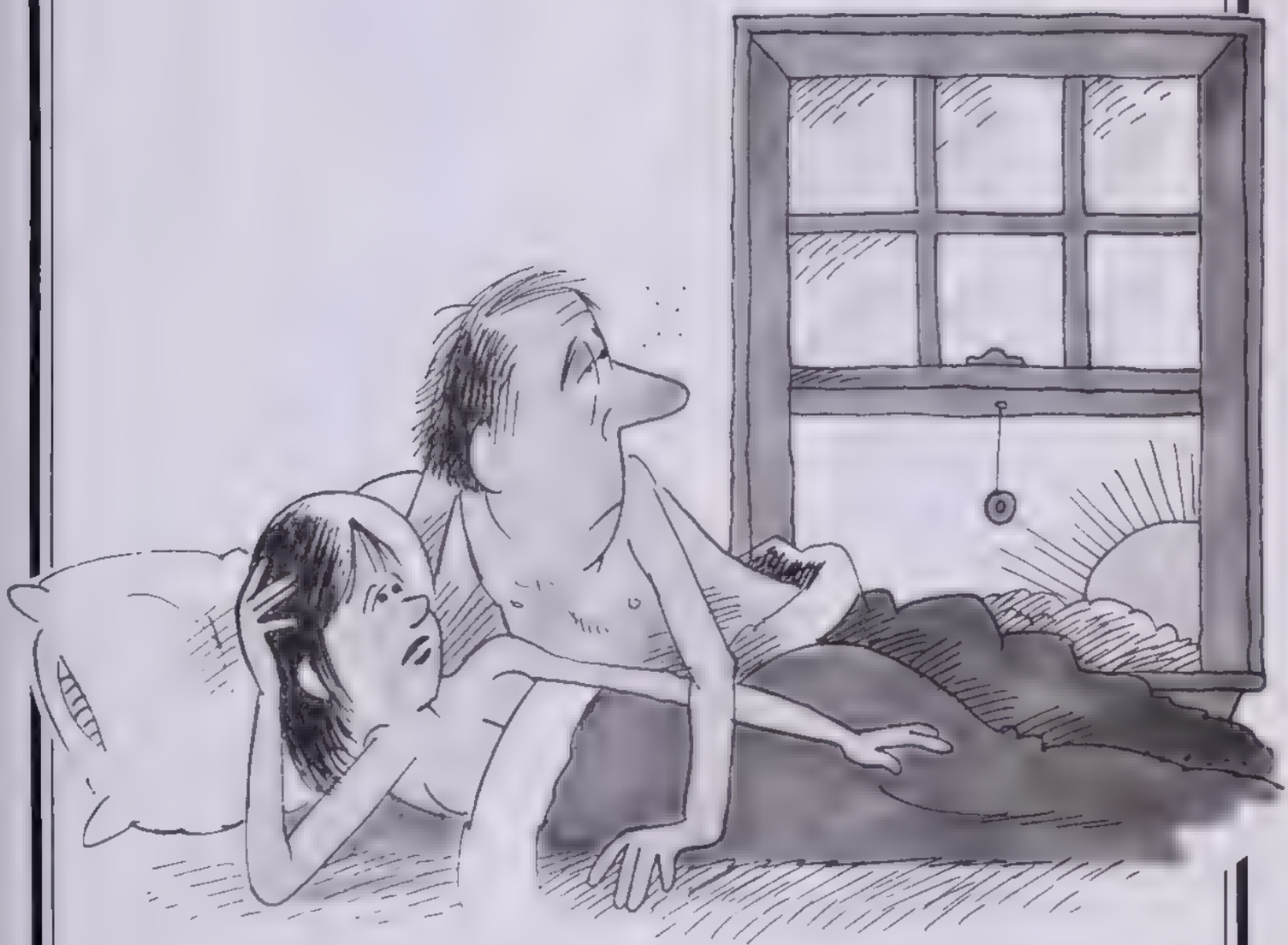
You Know You're Over 40 When . . .

You start calling anyone under 30, "KIDS".



You Know You're Over 40 When . . .

It takes you all night to do what you used to do all night.



You Know You're Over 40 When . . .

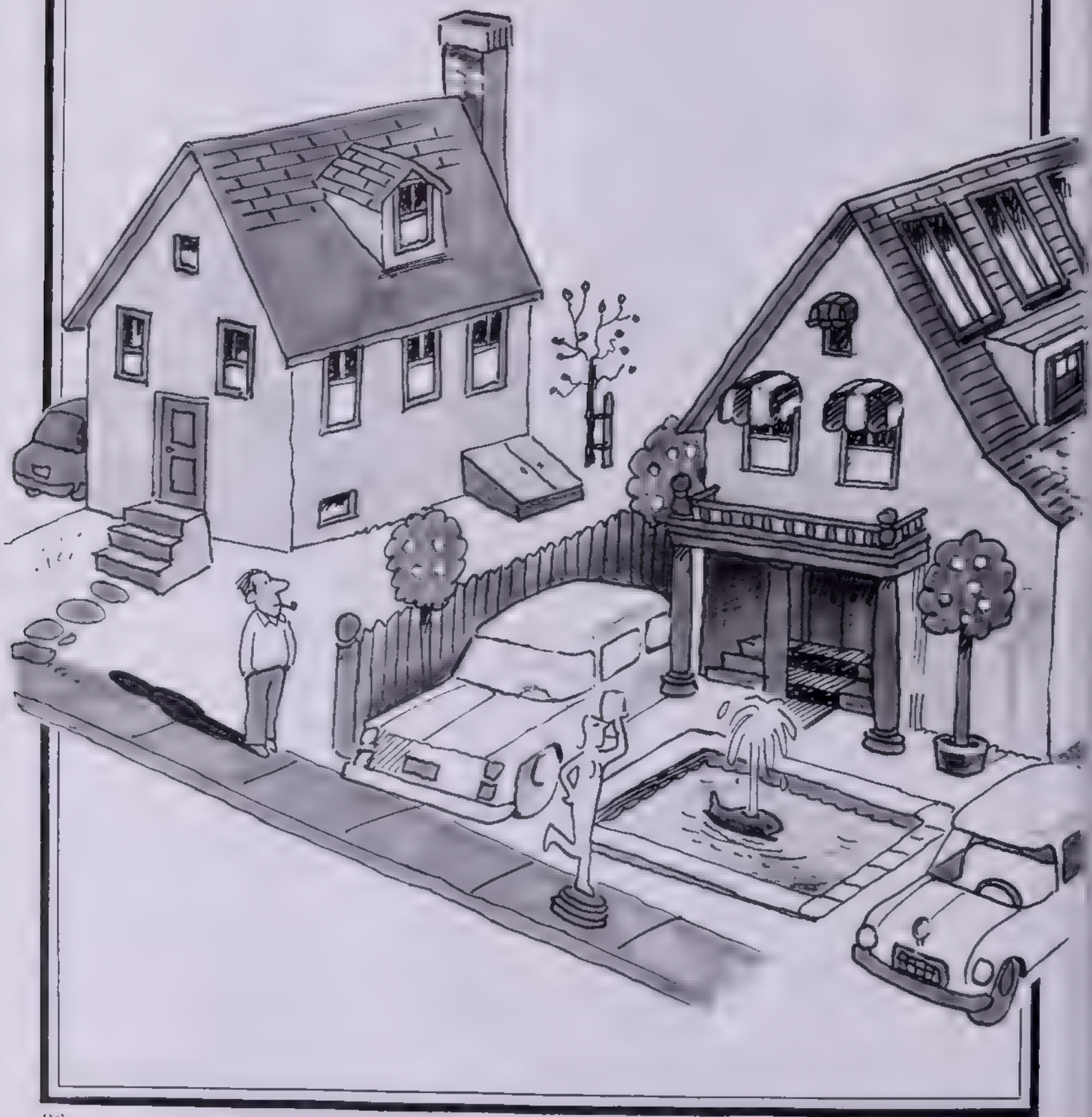
Your kids start to beat you in your best sport. Then they find excuses to avoid playing with you. You need more time outs.

You Know You're Over 40 When . . .

You find almost any young woman extremely attractive. You can find some physically redeeming quality in any 20 year old.

You Know You're Over 40 When . . .

You realize your contemporaries are ALL making more money than you.



You Know You're Over 40 When . . .

You really need a cocktail before 6:00 p.m. In fact on most days, 4:00 would be much more reasonable.

You Know You're Over 40 When . . .

Professional athletes seem to look younger and younger. So do policemen. You are shocked at the youths in military uniforms that you see. "Why, they're just KIDS".

You Know You're Over 40 When . . .

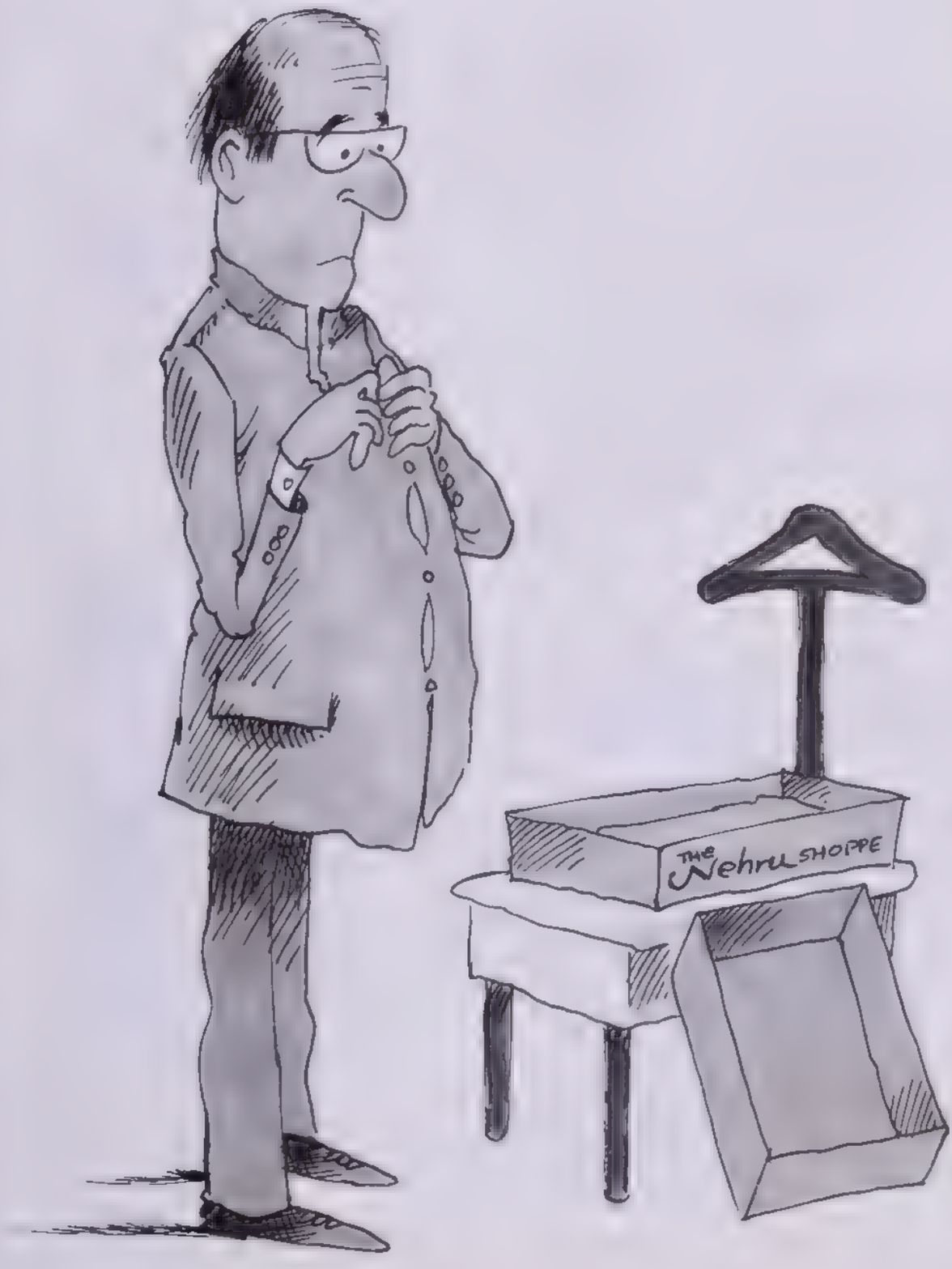
You think Club Med is some sort of camp for retired doctors.

You Know You're Over 40 When . . .

You realize your father was right when he said it's as easy to fall in love with a rich girl as a poor one.

You Know You're Over 40 When . . .

You go to a party and everyone looks middle-aged. You get invited to a 50's party and you have twelve possible "costumes" still in your closet.



You Know You're Over 40 When . . .

Your favorite songs were played on the Lawrence Welk Show.

You Know You're Over 40 When . . .

Most of your friends are divorced and are busy developing a new life style.

You Know You're Over 40 When . . .

Your kids are big enough to wear your clothes, but they wouldn't be caught dead in them.

You Know You're Over 40 When . . .

You're cold. You start dressing much warmer than younger people. You can't believe "kids" are outside wearing only a sweater and you're freezing wearing a hat, jacket, overcoat and gloves, and you're still in the car.

You Know You're Over 40 When . . .

Time passes so much faster than when you were a child. Weekends arrive quickly, seasons pass one after another, your kids suddenly grow up and then one day . . .

You Know You're Over 40 When . . .

Someone throws a surprise birthday party and all your friends come and they bring you gag gifts that poke fun at various parts of you.

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